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## Perry to Seek Another Term



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## VALLEY PATRIOT OF THE MONTH

Robert Lucas: Boston Braves, Korean War, Chappaquiddick

John Cuddy  
VALLEY PATRIOT HERO REPORTER

Braintree, Massachusetts native, Robert Lucas, led a very interesting life, from pitching for the Boston Braves Farm system, to serving during the Korean conflict in the US Army infantry, to being on duty as a State Trooper on Martha's Vineyard on the night of "Chappaquiddick"! Bob was selected as the 15th athlete to be inducted in the Braintree High Hall of Fame, he played

football, basketball, and baseball for the high school. As a youngster, this three-sport athlete was also at Fenway Park on July 25, 1948 to see the great Satchel Paige pitch against Red Sox legends Ted Williams, Johnny Pesky, Bobby Doerr, and Dom DiMaggio.

Bob was drafted by the Boston Braves out of high school and pitched for their farm programs in West Virginia and Wisconsin. He spent time in Wisconsin with another player in the Braves Farm system, a decent hitter, named Hank

Aaron.

While in the Braves' Farm system, Bob was drafted by the US Army. Serving with the 3rd Infantry Division, assigned to the 7th Infantry Regiment. Bob told me about him and his buddy, both Infantryman assigned to a fighting position on the line during the Korean War. A US Army truck came up with breakfast, his fellow soldier wanted to eat, Bob did not, but was convinced to walk down the hill, to at least have a coffee. Both soldiers grabbed their rifles and headed to the US Army truck for their hot food and coffee. When they returned to their assigned spot after eating, their dug in fighting position and all their gear, other than the rifles they were carrying, were gone. Their position on the line had received a direct hit from a Chinese mortar. Morning coffee had saved both of their lives! Private First-Class Bob Lucas left the US Army with two Bronze Stars and a coveted Combat Infantry Badge.

Returning from the Korean war, the Boston Braves released him, after he spent another year of playing baseball in the minors. When his professional baseball career ended, Bob took a job with the Dedham House of Correction. He later served as a Massachusetts State Trooper, including eighteen years on Martha's Vineyard, at the Massachusetts State Police Oak Bluffs Barracks. On July 19, 1969, he, along with 200 million other Americans were waiting for our Apollo 11 astronauts to land on the moon, when the phone lines went "crazy" at the



Martha's Vineyard Massachusetts State Police Barracks. Massachusetts Senator Ted Kennedy's car was found submerged with twenty-eight-year-old Mary Jo Kopechne inside. After two recreational fishermen discovered the car at 8 a.m., John Farrar, a captain on the Edgartown Fire Rescue unit and a trained scuba diver, arrived at 8:45 a.m. The Edgartown Fire Department retrieved the car from the water in minutes. A coworker of Mary Jo's, Rosemary Keough's purse was found in the front passenger compartment of the car, leading Edgartown Police Chief Jim

HERO: PAGE 18

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# Newburyport Police Spit on the Constitution

## JOEL’S BEER CORNER

### Great Breweries in The Merrimack Valley

**Joel Faretra**  
VALLEY PATRIOT FOOD COLUMNIST

Hey! After a quick pit stop for surgery, I was glad to get out of the house for this month’s column. Instead of just doing food this month, I decided to hit some local breweries. I couldn’t go to one in Methuen because we seem to be the only community in the Merrimack Valley without one. Breweries in Massachusetts are at a disadvantage, like most businesses, when competing with New Hampshire because of the guidelines put in place requiring food with alcohol purchases. Most breweries in Massachusetts were able to open as long as they were able to get food trucks on-site and you have to order food along with your first round.


I started visiting breweries a couple of years ago after a trip to Portland, Maine and it changed my outlook on beer forever. I still enjoy a Bud Light or Bud Light Lime during the summer or a Smithwick’s or Guinness while out at a bar, but these brewery tours opened my eyes to so many different kinds of the nectars of the Gods. Here is my review of 3 local breweries with food reviews mixed in.

**Long Blue Cat Brewing** ([www.longbluecat.com](http://www.longbluecat.com), 298 Rockingham Road, Londonderry, NH) - great outdoor seating area with a fire pit and a second seating area out back, so if you are still leery of

sitting inside, they have many options along with a window to order all of your beer. They do not have table service so it may not have been the best choice for me 14 days out from a knee replacement. We aren’t huge IPA fans and sometimes when we go to a brewery, our options are limited. They had 8 beers on tap, including Oktoberfest. Our favorites were the London Buzz Honey Ale (5.5% ABV) and the Johnny Rye Ale (7.0 ABV). My wife got the Hopical IPA and even though she usually doesn’t drink an IPA, she really enjoyed it. Mild with only a slight, hoppy taste, it went down smooth and it was very refreshing.

They had a full-service kitchen which offered smoked wings. The wings were huge! We got Mango Habanero and they were excellent! The wings would be worth the trip, even if you do not drink. Also, if you sell beer, you need to sell warm pretzels. They came with three dipping sauces; honey mustard, cheese, and a spicy chipotle. Great customer service while there and after we left as we had an issue with our take-home order and they reached out immediately to address.

**Beer 3.5 beards, Food 4.5 beards**



**Pipe Dream Brewing** ([www.pipedreambrewingnh.com](http://www.pipedreambrewingnh.com), 49 Harvey Rd, Londonderry, NH) When a friend



found out I was in Londonderry, he said I needed to go to Pipe Dream. I am so glad I listened to him! 18 beers on tap so many to choose from. They had over 25 outdoor seating areas; picnic tables, barrels with a couple of high top chairs, and larger high top tables. No table service so you do need to go into the facility to order your beer and food, which can get crowded.

Our favorite beers are sours and they had a handful to choose from. They have

a Raspberry Sour, Juice Maze (a mix of many berries), and a boysenberry. Our favorite beer was the Pop That Chocolate Cherry. At 10% ABV, this stout packs a punch but it is so smooth. You can taste the chocolate and cherries in every sip. This would be a great beer to have around a fire as the temperatures drop. They have a wide variety of beers to sample, from IPA’s, sours, stouts, pumpkin ale, and

BEER: PAGE 17

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# Methuen Mayor's Report

Exclusively for The Valley Patriot

Neil Perry  
METHUEN MAYOR

Happy Fall to all Methuen residents! The weather has turned cooler, and even though we've still some warm days ahead of us, it's a gentle reminder of how spectacular the seasons are living in New England.

We've a great deal to talk about as much has happened since last month.

**COVID Update:** Let's start with the COVID update. Last week, Methuen slid back into the high risk, or "Red" category, accompanied by Haverhill, North Andover, Lowell and Dracut – all joining Lawrence. This happened despite the fact that our schools were open only remote and speaks to our social habits and lack of self-discipline. We had 62 new cases in the last week, with 17 school age children under the age of 19. I have been patrolling parks and playgrounds nights and weekends, but we simply need to do a better job with personal accountability. Basketball players without masks seem to be the norm and the number of reports of large gatherings violating the physical distancing requirements has significantly accelerated since Labor Day. The virus is NOT a hoax, and it's nowhere near over. So to assist in this regard, we've taken a couple of steps; First we are hiring, with CARES act monies, two part time enforcement agents who will work part-

time weekdays from 2 pm to sundown, and weekends 12 pm to sundown. Their primary area of focus will be the parks and large gatherings, and they will be able to cite violators if necessary. While that is not the primary intent, it may take that to help us get out of the red. If you are interested, go to the cityofmethuen.net and apply for these positions - they will last through the end of the year. Secondly, we've been working hard on a system that will be used by residents to report trash pickups missed, potholes in roads, and other problems to be addressed, and while that isn't quite ready yet, we have launched it as a means for the public to report COVID issues they see. It allows you to report large gatherings, parks and playground or mask violations and a number of other issues. You can access it by either loading the app on your phone (*SeeClickFix*) and selecting Methuen, MA as your site OR by going to cityofmethuen.net and in the top right corner selecting report a COVID problem. Whether you access by phone or city website, the app allows you to select a location on the map (if desired) and submit a photo to accompany the issue. The issue is then routed to city department heads responsible – in this case, Inspectional Services and MPD – and if you provide your name and contact info (email preferred), you get notified when the situation has been addressed

and resolved. On a more positive note, organized youth sports leagues ARE following the COVID guidelines, as my wanderings have shown – and two Methuen Youth Soccer coaches will be treated to lunch with the mayor as my way of saying thanks. Monday, October 5<sup>th</sup> we begin our hybrid learning plan with Cohort A in class Monday and Tuesday, and Cohort B planned for Thursday and Friday in class. We will be monitoring closely, as we have been all along with the Superintendent, The School Nurse Leader and the Inspectional Service Director every Thursday – to make sure we make the safest decision for all students, parents, families and staff.

**Trick or Treat. Methuen Day, Community Mural Unveiling and Fall Decorations in the City:** While we haven't yet cancelled **Trick or Treat for Halloween**, continued performance as a High Risk community for Covid will make that much tougher. Regardless, we are meeting to discuss options available to us, and how it could possibly be done. Neighboring communities have already cancelled, but I am aware how much this means to the community. We will make a decision by the 23<sup>rd</sup> of October, but even if we can do it, there will be some precautions and guidelines to ensure a safe event for Methuen kids.

I'm buoyed with the example set this past weekend with the **virtual Methuen**

**Day at the Loop.** Kudos to Councilors Zeigler and Finocchiaro, along with Jill Stackelin and the rest of their committee for their hard work and perseverance in running what was a flawless, virtual event that showcased the best of the community in a difficult time. Pumpkin coloring giveaways, candy and hand sanitizers, and goodies from the Methuen Fire Department – as well as some surprise gifts for specially marked pumpkins – made sure all who attended had a good time. And we were joined by Greater Lawrence Family Healthcare, who gave Flu shots during the event while you stayed in your car! I got mine and hope you will too!!!

That same day, the City was delighted to attend the unveiling of the **Community Mural in Riverside Park** on Osgood Street in the center of the city. Led by lead artist Jennifer Loiselle, with assistance from fellow artists John Hadley and Dianne Debs, the mural is proudly displayed on the wall of the park and speaks to the diversity of the city, which truly makes it great. This heartfelt effort has been in process over 2 years, and includes the efforts of hundreds of children and fellow artist residents across the city. Make sure you check it out and join me in thanking Jennifer, John, and Dianne for all their hard work.

Speaking of hard work – special thanks

PERRY: PAGE 17

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# Step Therapy Reform in Massachusetts

Hello Valley Patriot Readers,

Individuals with complicated illnesses should always receive the medications their doctors know they need. All too often, however, patients whose symptoms leave them weak and fatigued find that the regimen of medicine they need is withheld, as they are instead put on a path of pharmaceuticals which are at best less expensive – and at worst ineffective in overcoming their ailments.

This is known as step therapy – a cost-saving mechanism that can limit a patient’s ability to access the medication that is most suitable for treating their condition. Insurers that use step therapy protocols require medical providers to prescribe lower-cost medications to patients first, and only grant approval for alternative medications when the cheaper options have failed to improve a patient’s condition.

In practice, this results in insurers effectively choosing medications for the patient, even in cases where their providers have recommended an alternative. When patients change insurers, they are often forced to start at the beginning of the step therapy protocol again, which results in wasteful health care expenditures, lost time for patients, and potentially devastating health care impacts on the patient.

In response to this significant problem, the Senate recently passed legislation, An Act relative to step therapy and patient safety, to limit the use of step therapy. This bill gives health care providers more leverage in determining the most effective

treatment options for patients, saving patients expensive and painful regimens on medications they know to be ineffective or harmful.

The legislation establishes safeguards to protect patients in circumstances in which following step therapy protocols are counterproductive or harmful. It would require MassHealth and private insurers to grant exemptions to step therapy protocols in cases where the protocol-required cost-effective drug is likely to cause harm, is expected to be ineffective, has been tried by the patient previously or is not in the best interest of the patient.

While we must continue to address the high cost of drugs, we cannot do it at the expense of patients, and cost can never be the primary determinant of whether a patient has to suffer needlessly before they can access the medication that is most effective for treating their condition.

Step therapy is a practice that puts patients at unnecessary risk, lowering costs today in exchange for more harm, more hospitalizations, and more spending in the near future.

I am grateful to Senator Julian Cyr (D-Truro) for his sponsorship of the bill and leadership on this critical issue and urge the House of Representatives and Governor to advance the legislation across the finish line as soon as possible.

If you have questions about this legislation or any other issue – or need assistance during the COVID-19 pandemic - please contact me and my team anytime via email at [dizoglio@masenate.gov](mailto:dizoglio@masenate.gov) or phone 978-984-7747.

WEATHER 101 with AL KAPRIELIAN

Welcome to October and the first full month of the fall season. During October the days continue to get shorter with less daylight. In contrast the nights will continue to get longer. During October the sun angle continues to get lower resulting in cooler daily high temperatures by month’s end. In past years, the weather can turn warm in October with 70s to even 80 degrees and possibly a little higher, however, it does not last long.

Recapping September, it was another pretty dry month with our drought continuing. With the dry conditions we saw some trees start to turn color a little earlier than normal. This is caused by the trees being stressed due to the dry conditions. After a very hot summer we saw a chilly air mass move in from Canada during September. Many areas away from the immediate coast had their first freeze/frost of the season. Some areas well inland, example Keene, NH, had low temperatures down into the middle 20s.

The warmest overnight low temperatures were along the immediate coast especially Cape Cod & the Islands due to the still relatively warm ocean waters. The ocean cools slower than land during the fall. During the latter half of September, summer-like air returned along with humid conditions.

The high temperatures reached well into the 70s to even some lower 80s. The dew points climbed well into the 60s and even a few lower 70s giving that uncomfortable feel of the air. The big weather event in September was the formation of storms in the tropical regions.

For a time in September the tropics became very active with many tropical storms/hurricanes. Just before September began we had the monster (very intense) Hurricane Laura. Remember Laura really intensified over the Gulf of Mexico ocean waters where the temperatures of the waters were in the 80s.

Laura made landfall at Gulf Shores Louisiana as a category 4 hurricane and was very close to being a category 5. Category 5 is the highest category on the Saffir/Simson scale. After Laura was gone September arrived and storms in the tropical regions started forming one after another. It was noted that Hurricane Laura was more intense than Hurricane Katrina in 2005. One of the largest hurricanes in September was Hurricane Sally. Sally intensified over the warm ocean waters of the Gulf of Mexico.

However, unlike Laura, Sally moved a lot slower. Sally made landfall near the Florida/Alabama border with winds of over 100 miles per hour. Due to the slow movement of Sally, this caused very

heavy rain to occur with 3 feet of rain over Pensacola, Florida. Many areas in the deep south saw extreme rainfall from Sally due to her slow movement.

Here in New England we mainly missed getting any rain from the remnants of Sally as the rain tracked mainly too far south of our area. Another hurricane which occurred in September was Paulette which struck Bermuda with heavy rains and strong winds before moving into the open Atlantic Ocean away from Bermuda. The rain from Paulette stayed well to our east not helping our dry conditions. Another large hurricane in September was Hurricane Teddy which briefly became a Category 4 hurricane.

Teddy spared a direct hit on Bermuda by and passed just to their east. Teddy tracked about 350 miles east of New England. Due to the large circulation around Teddy this brought long period swells to the New England coastline causing rough seas and dangerous rip currents. The ocean was very rough despite Teddy tracking 350 miles east of us. The rough surf caused the ocean waters to go over the seawalls causing coasting flooding of roads.

During September we used all the names for tropical storms/hurricanes in the English alphabet. The last time this occurred was in 2005. Tropical storm Wilfred was the last storm used in the English alphabet. Next we moved into the Greek alphabet. Tropical storm Beta brought heavy rain to Texas, the Gulf coast states and also the SE US. Like Sally, Beta’s rain from its remnants tracked too far south and went out to sea south of New England. None of the 3 storms, Sally, Teddy and Beta helped our drought.

Lastly in the early morning on Thursday September 30th, the last day of the month, we did get some soaking rains finally. A low pressure system rapidly intensified along a cold front causing a period of heavy rain. Due to the rapid intensification of the low-pressure system, strong damaging winds occurred with the heavy rain. As a result, there were about 66,000 power outages in Massachusetts due to numerous downed trees and power lines.

The cold front associated with this intense low pressure moved the warm and very humid air out to sea. By the afternoon on September 30th some sun returned with much lower humidity to end the month.

Stay tuned next month as we recap October’s weather and take a look at November.

In the meantime stay safe and enjoy the fall season!! ♦

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# Important Voting Information for the 2020 General Election

Linda Dean Campbell  
MA STATE REPRESENTATIVE

The 2020 general election is fast approaching, with November 3 as the last day to vote. The State Legislature has passed a law to give citizens options to vote safely and securely during the pandemic, including (1) voting by mail, (2) voting in person at an early voting location before election day, and (3) voting in person at the polls on election day.

To improve voter turnout, I am continuing to work with Generation Citizen to promote civic engagement for our young people. Since passing the civics education law I sponsored in 2018, we have continued to advocate for funding to implement the law equitably statewide, so that our youth have the tools for lifelong civic participation in our democracy.

If you are not registered to vote, you may register online at [www.sec.state.ma.us/OVR](http://www.sec.state.ma.us/OVR) by October 24. You may also register by mail using the form at [www.sec.state.ma.us/ele/eleifv/howreg.htm](http://www.sec.state.ma.us/ele/eleifv/howreg.htm) or in person through your City Clerk. Methuen City Clerk Jack Wilson can be reached at (978) 983-8515, and Haverhill City Clerk Linda Koutoulas can be reached at (978) 374-2312.

All voters are eligible to vote by mail this year. If you would like to vote by mail, you must submit an application to the City Clerk. Applications were mailed to voters and are available online at [www.sec.state.ma.us/ele/](http://www.sec.state.ma.us/ele/) under “Vote by Mail” – this link allows you to submit your application online or download a paper form. The completed paper form can be mailed, emailed, or delivered to the City Clerk. All applications must be received by the City Clerk by October 28, though it is recommended to submit them by October 20 to ensure time for processing. After you submit your application, you will receive your ballot in the mail. Your completed ballot can be returned by mail

(it will come with a pre-stamped return envelope) or dropped off with the City Clerk. Your ballot must be postmarked by November 3 and arrive to the City Clerk by November 6. Return your ballot as early as possible to make sure it is counted.

Early in-person voting will be held October 17-30. In Methuen, early voting will be held at the Loop (90 Pleasant Valley St, Suite 320 - next to Marshalls and Olympia Sports). Weekday hours (Oct. 19-23 & 26-30) will be 8AM-4:30PM, with extended hours on Oct. 21 & 28 from 8AM-7PM. Weekend hours (Oct. 17-18 & 24-25) will be 11AM-4PM.

In Haverhill, early voting weekday hours (Oct. 19-23 & 26-30) will be 8AM-4PM in the basement of City Hall (4 Summer St - old RMV office), with extended hours on Oct. 22 & 28 from 8AM-8PM. Weekend hours (Oct. 17-18 & 24-25) will be 10AM-4PM at the following locations:

City Hall Basement (4 Summer St - old RMV office)

Hunking School (480 South Main St) Upper Tilton (formerly St. James School, 415 Primrose St)

**\*\*ONLY Oct. 17 & 24\*\*** - Somebody Cares Ministry (358 Washington St)

If you wish to vote in person on election day (November 3), polling locations will be open from 7AM to 8PM. To find your polling location, visit [www.WhereDoIVoteMA.com](http://www.WhereDoIVoteMA.com) and enter your address.

For more information on elections and voting, or to track your mail-in ballot, the website of the Secretary of the Commonwealth is a very helpful resource: [www.sec.state.ma.us/ele/](http://www.sec.state.ma.us/ele/). You can also contact the City Clerk with any questions.

*State Representative Linda Dean Campbell represents the cities of Methuen and Haverhill in the State Legislature and serves as House Chair of the Joint Committee on Veterans and Federal Affairs. She can be reached at [Linda.Campbell@mahouse.gov](mailto:Linda.Campbell@mahouse.gov) or (617) 722-2380. ♦*

## PERRY: FROM PAGE 3

to Michele Ambra from my office and the many businesses who sponsored a **Festive Fall Scarecrow Decoration** on the light poles in our downtown. Conceived, planned and executed by Michele and her husband Sam, along with helpers Mike Solomon and Christine St. Onge, they certainly give the center of our community a festive fall feeling. I know we have plans for a similar approach during the holidays and hope you like these efforts, too. It's little things like this that bring out the positive in a community – which can get overlooked during trying times...so make sure to check these out!!

Speaking of that, we have our **Fall Community Cleanup** planned for Saturday, October 10<sup>th</sup> from 10 am to 2 pm in neighborhoods across the city. Methuen DPW will provide gloves, trash bags and pickers, as we try to restore some pride in our community – by literally cleaning our own neighborhoods. This effort is being led by Councilors Beauregard, Faretra and Saffie, and I'm happy to join in on the war on trash. So, sign up now and join us as we cleanup, with physical distancing, of course. Lastly, but by no means least, many local residents and businesses have joined in beautifying the traffic islands across our city – we are highlighting them all month – and I ask that you reach out and thank these folks / businesses for their help in beautifying our city.

**Coming Attractions:** (1) On the horizon, this month, we will be conducting a ribbon cutting at our new and beautiful outdoor track. Many thanks to our state delegation, especially Linda Dean Campbell for her help in securing some of the funding as well as Bill Buckley, our Economic and Community Development Lead who did much of the hard work– the track is something all Methuen residents can be proud of. There are some new guidelines for use – please follow and ensure the track stays in the condition needed for all our citizens and high school track athletes. (2) On October 19<sup>th</sup>, I will present a “TRUE-UP” of the FY 21 budget to the City Council for their approval. As you know, we foresaw a \$7M reduction in state aid to the City and we planned a conservative budget on the data. We have now, based upon state feedback, a realistic assessment of where state aid will be for Methuen, and the meeting on October 19<sup>th</sup> we will publicly talk about the impact to our FY 21 budget. We've been preparing with guidance from

the FSO, Sean Cronin and hard work by our CAFO, Maggie Duprey and I hope you will be pleased. (3) Toward the end of the month, I will present a plan to council on our first phase of neighborhood cameras program, putting 45 cameras in key locations across the city. It is another element, alongside the increased focus on beautifying our city – as an important first piece of the re-establishment our neighborhood communities program. We have an RFP out and a plan to pay for it - and I'm anxious to hear your thoughts and feedback.

**Bringing It Home:** (1) There are numerous job openings for both the City and the Schools, so I ask you, if you are available, take a look at the openings and apply. We have many opportunities available at [cityofmethuen.net](http://cityofmethuen.net). (2) Much continues to be said and written, both on social media as well as in the local papers that are on the negative in our community. It's unfortunate but I guess good news doesn't sell. Employee disciplines, conspiracy theories on executive sessions, and even contractual conspiracies are the norm. But let me just say this. I know that trust is a developed trait. This administration will show that nothing, nothing gets swept under the rug. It will take time for residents, Facebook bloggers, local media and even employees to develop that trust in their mayor. But they will. And like me or not, I won't ever betray that trust. I'm establishing policies and setting a code of conduct for years to come. Employee discipline is a personnel matter, and the employee has rights in the process. Neither I, nor anyone from my office would release details on incidents – just know that we have and will address conduct we deem to be detrimental. As for the executive session conspiracy, I'm still a little surprised given that the local paper published a front-page article on exactly what happened and why, jointly responded to by multiple councilors as well as myself – related to our cybersecurity attacks in July and August. Is there an ulterior motive, perhaps? Maybe an election candidacy in the making? We will soon see.

Rest assured, I love this City, and again, I love being your mayor. Every day, I'm making decisions solely in the best interests of the residents of this City and I hope you will agree. Stay healthy – wash your hands, wear your masks and I look forward to another eventful month. ♦

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City of Lawrence,  
Massachusetts

Attention Lot Owners

Bellevue Cemetery

REMOVAL NOTICE

The Bellevue Cemetery Board of Directors is requesting that all Lot Owners please remove all temporary memorials, debris, and prohibited items which include bricks, curbing, tiles, poured concrete, masonry, fencing, and other items that have been placed around monuments and grave lots. These items are an impediment to routine maintenance operations as well as a safety hazard and must be removed.

We kindly ask lot owners to remove all items by October 1, 2020. After that date, “SPRING CLEANUP” will begin the Cemetery staff will begin removing and discarding items after that date. Please call the cemetery office @ (978) 620-3560 if you have any questions or concerns.

Thank you for your cooperation and understanding.

**Jorge Jaime ~ Acting Superintendent**




**BALLOT QUESTION #1 in MA**  
This year there are two ballot questions in Massachusetts. Ballot question number one is called the “Right to Repair” question. A Yes vote on question #1 would allow small repair shops to get access to the critical computer information in all new cars and stop big dealerships from having a monopoly on repairing those vehicles. Those who oppose right to repair (the big dealerships) say if you vote yes on #1 rapists and child molesters are going to get you. Whoever you see a commercial on TV that claims rapists and child molesters are going to get you if you dont vote the way they want, you should ALWAYS go the other way.

**BALLOT QUESTION #2**  
The second ballot question is “Rank Choice Voting”. You know how we have said “one man one vote” for the last 200+ years? Can’t say that anymore. As it stands right now, you go in and get your ballot, vote for the person you want to win, and whoever has the most votes, wins. But with rank choice voting, instead of voting for just your candidate, you will rank each candidate giving a #1 to your favorite candidate and if he wasnt on the ballot, a #2 for your next choice. If the top vote-getter doesn’t get at least 50% of the vote, then a new calculation will take place where everyone’s second choice will be the winner. So, let’s say there are three candidates; a democrat, a republican, and an independent. All the republicans vote for the republican candidate putting the independent candidate as their second choice, and all the democrats vote for their democrat candidate while putting the independent candidate as their second choice. On election day the democrat gets 49% of the vote, the republican gets 36% of the vote and the independent gets 15%. Guess who wins? Yeah, the guy with 15% of the vote because both parties listed him as their second choice. Those who support rank choice voting say it leads to electing people who are more acceptable to the widest number of voters. I say it leads to election shenanigans and takes away the time tested one man one vote, winner take all system that has kept us free for more than 240 years.

**SUPREME COURT NOMINATION**  
Four years ago, when President Obama tried to fill a seat on the supreme court during his last year as president, republicans in the senate said they would not confirm his nominee because Obama was a lame duck claiming the next presient should pick a replacement. Democrats at the time cried and whined that Obama was still president and demanded a vote on Obama’s nominee. Republicans refused and as a result, President Trump filled that seat when he took office in 2017.  
So it was beyond hiláros last month

### TOM DUGGAN’S NOTEBOOK



Ahlyia LeClerc, a 2020 graduate of the Gr. Lawrence Tech School with Methuen City Councilor Jessica Finocchiaro who presented Ahlyia with her Valley Patriot BASH Scholarship in the amount of \$2,900 thanks to our generous readers and donor!

when let wing Supreme Court Justice Ruth Ginsburg passed away and the both parties took the exact opposite position that they had in 2016. Now, republicans say that Trump is still president until January and should get to fill the seat while Democrats who once demanded Obama get to fill the seat are now demanding that we wait until the results of the election.  
Both parties are a bunch of liars who care nothing about the election year standard, or the protocols of D.C. They only care about achieving power. Both parties want to cotrol the balance on the supreme court and they will say and do ANYTHING for that control. Of course you would never know this if you watched cable news especially CNN who spent the last three weeks calling republicans liars for saying one thing four years ago and the opposite this year when it suits them. What they purposely leave out is the fact that Democrats are liars too because they said one thing four years ago and now have the opposite view when it suits them. If only we had a news media that wasn’t owned by the democrat party and would just present the news objectively by presenting both sides.  
CNN IS BLINDED BY SCIENCE  
Since March the preachers who call themselves “journalists” on CNN have been demanding that President Trump “believe the SCIENCE”! They harass and harangue public officials who dare to question what we have been told about the SCIENCE surroudning the China Virus. They routinely mocked President Trum for “not listening to the SCIENCE”. I mean, the experts are EXPERTS and we

should blindly follow whatever they say as long as they say the word SCIENCE or EXPERTS SAY before making a claim. But, a funny thing happened when Trump got the China Virus and his doctors held a press conference. Suddenly, CNN was wall to wall with claims that Trumps doctor ... you know.... a medical EXPERT .... was “lying” about Trumps condition because some politician in the White House gave a different account of his conditoin. That White House politician was Mark Meadows, the president’s chief of staff.  
So, what have we learned here today? We learned that CNN and their democrat handlers belive in SCIENCE when it suits them but when it doesn’t suit them, they would rather believe .... President Trump’s Chief of Staff. Even after they just spent the last four years telling us that everyone who works for Trump is a lying liar who lies and cannot be trusted. Looks like “SCIENCE” and “EXPERTS” are really not all that important when there’s a partisan narrative to push on the American people.  
COMMUNITY GIVING TREE UNBUNDLING KIDS FOR WINTER BOXFORD – During the month of October, Community Giving Tree will be gearing up to provide local children with warm coats and clean clothing, including warm coats, socks, and cozy PJ’s for the winter. Local businesses and organizations will be collecting items during this time, we will be doing virtual drives, and, most importantly, you can help keep the doors open by supporting our Bundle Up Program with a financial donation.  
Executive Director Kim Goulette

says she expects that this winter will be especially hard on families struggling as a result of the COVID-19 pandemic. Many families in Lawrence, Lowell, and Haverhill, and throughout Essex County, are barely making ends meet. Community Giving Tree has seen the demand for its services increase over the past several months. They work with an established network of local social service partners and community-based non-profit organizations.  
If you are able to help, visit [www.communitygivingtree.org/winter](http://www.communitygivingtree.org/winter) to make a financial donation. Every \$25 gift will help Community Giving Tree provide necessary essentials to bundle up one child and make sure they are ready for winter. Whether they need sweaters, socks, outerwear, or bedding, Community Giving Tree will ensure they receive the items they need to both stay warm this winter, as well as feel valued and cared for.  
To learn more about donating or volunteering, please visit: <https://www.communitygivingtree.org>  
NECC CREATES FREE WI-FI HOTSPOTS IN PARKING LOTS  
Northern Essex Community College has created Wi-Fi hotspots in parking lots on the Haverhill and Lawrence Campuses, where students—as well as community members—can come and access free internet.  
Students, faculty, and staff can log-in with their college credentials and anyone not attending Northern Essex can choose the “visitor” wireless network.  
Wi-Fi coverage is provided at the Technology Center, Student Center, and Library parking lots in Haverhill and the Dimitry Building , El-Hefni Allied Health Technology Center, and Haffner Education Center parking lots in Lawrence.  
Northern Essex decided early that 90% of the fall semester would be online with a very limited number of courses, primarily health and science labs, offered face-to-face.  
This summer the [college invested a half million dollars](#) to prepare faculty who have previously taught face-to-face for online teaching; \$100,000 for a [new peer ambassador program](#) that will help students succeed in online courses; and \$200,000 [to help students purchase laptops](#). In addition, the computer labs in Haverhill and Lawrence are open to students by appointment.  
For more information on Wi-Fi parking lot access, contact IT Services, [servicesdesk@necc.mass.edu](mailto:servicesdesk@necc.mass.edu) or 978 556-3111.  
CHAMBER OF COMMERCE VIRTUAL BUSINESS EXPO/ TRADE, JOB HEALTH FAIR  
Thursday, October 22, 2020, 12Noon –  
NOTEBOOK: NEXT PAGE

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Thank you to our Sponsors to date: EIS, Inc. and Firmin Insurance & Benefits. Sponsorships are available – call Michael Bevilacqua at 978-686-0900 or email: [michael.bevilacqua@merrimackvalleychamber.com](mailto:michael.bevilacqua@merrimackvalleychamber.com)

Webinar link will be provided through email within 24 hours of registration

MVCC FREE Virtual Speed Networking

Friday, October 9th, 2020, 10-11AM

Make one on one Business Connections virtually with MVCC Speed Networking! Why? Network and develop new sales leads virtually face to face! Come join us for a morning of ultimate networking, lead building, and relationship growing using the latest concept in business networking.

FREE for All to register, but must register to receive webinar link – Register: <https://web.merrimackvalleychamber.com/events/MVCC-Virtual-Speed-Networking-5060/details> or call 978-686-0900

Thank you to our Sponsor to date: MV Chamber Means Business Program. Sponsorships are available – call Michael Bevilacqua at 978-686-0900 or email: [michael.bevilacqua@merrimackvalleychamber.com](mailto:michael.bevilacqua@merrimackvalleychamber.com)

Webinar link will be provided through email within 24 hours of registration

Cybersecurity Tips for Your Home Office - 5 Key Steps Every Business Leader Needs to Know with Alexis Downing, Vice President of Business Development at MIS Alliance

Thursday, October 15th, 10 - 11AM

October is National Cybersecurity Awareness Month and the timing couldn't be better to help business owners protect their remote workers and their data from a cyber-attack. Considering the unprece-

dent number of people who are working from home due to COVID-19, it's nearly another pandemic in security challenges requiring businesses to batten down the hatches. MIS Alliance will share their expert tips with business owners on how to increase cybersecurity at the home office.

Why Register? Attendees will learn the following security strategies:

- Identify and follow a security strategy
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- Password security management

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Webinar link will be provided through email within 24 hours of registration

METHUEN BOARD OF REGISTRARS APPROVES RE-LOCATION OF EARLY VOTING TO THE LOOP

Methuen, MA: Due to anticipated high voter turnout at Early Voting and the need to maintain safe social distancing during the Covid-19 pandemic, the Methuen Board of Registrars of Voters voted unanimously to approve the relocation of in-person Early Voting from the Public Safety building on Hampshire Street to a more spacious and accessible site at the Loop, 90 Pleasant Valley Street, in the upcoming 2020 State Election. Early Voting will take place in available retail space adjacent to Marshall's and Olympia Sports. The new location, formerly occupied by an Avenue retail store and more recently by the Methuen Cares pandemic relief center, has more available parking and has over triple the area of the Public Safety Building.

The new Early Voting location, which is being made available by Loop ownership at no additional cost to the City of Methuen, provides much needed space to maintain safe social distancing among voters and election workers, particularly when spikes in turnout occur during Early Voting, which runs from Saturday, Octo-

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## Who Will Replace Freddie?



In July our Valley Patriot mascot Freddie, of “Freddie Says” passed away. We put out a call on Facebook for a replacement and decided that our readers should choose. Of the 67 entries we had, our Valley Patriot special editorial staff nominated ten dogs. After three rounds of voting Kane and Winston are now the two finalists.

Voting will take place on The Valley Patriot’s Facebook Page starting Wednesday, Oct. 7th “Freddie Says” is sponsored by the Daily Dose Cafe in Lawrence at Sal’s Riverwak in Lawrence.



KANE



vs. WINSTON

I'm Kane 2020, an 11-month-old German Shepherd, adopted by my new family in March from a rescue in Tennessee. First, I do the things, then I get the treats. I'm a good boy. My favorite activities are waking up the humans at 6AM to eat, (this is an emergency) riding in the car, sticking my head out the window, meeting new dogs and humans, figuring out how to break out of the kennel and eating my poop faster than mom can pick it. My poop is like gold, people pick it up to carry it around in bags, and they don't even want to eat it. This is BS. If elected to replace Freddie I will bring awareness to my favorite causes. I believe in Backing the Blue, support local Veteran events, and of course visit local animal shelters/rescues to provide emotional support and hope to homeless dogs. ♦

My name is Winston and I am a 3-year-old English Mastiff. My Mom and Dad adopted me after my previous family had to move for military duties. I love my new life and all the adventure that I get to go on. I think my favorite thing to do is go to work with my Mom. I'm a therapy dog for her mental health practice and I help people that don't feel good, especially those experiencing trauma and grief. My mom says I'm great at my job but I secretly just love all the extra snuggles I get. When I'm not working hard with my mom I love playing with my four human siblings. My mom says that I deserve an article in the Valley Patriot because I always have so much love to share and a personality bigger than life. I also love to pose for the camera! ♦



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# Mayor Perry Announces He Will Seek Second Term in 2021

Methuen Mayor Neil Perry announced on the Paying Attention Podcast with Tom Duggan that he will be seeking reelection for a second term next November.

With the presidential race almost over people are already starting to look at next year. Have you decided whether or not you are going to run for re-election,” Tom Duggan asked.

“I have decided,” Perry replied and when pushed to announce his decision on the show Perry answered, “I am going to run for reelection.”

“Two years is a pretty short time frame, especially with COVID, and I say quite frankly that I love this job. I love this job because I love the city. I didn’t take this job because of the pay. I didn’t take it because of the glory. I’ve made plenty of mistakes and I will answer for those. I will stand in front of the people and stand on what I’ve been able to accomplish in the first two years. But, there are a lot of things I want to do for the City of Methuen, for my kids, and the kids that are the future of Methuen.”

“If other people want to run, that’s fine. I know other people will be running and that’s fine with me.” Perry said he would be in better financial position drawing his social security sitting in a beach chair reading a book, “but I’m committed to doing this job and helping the people of Methuen move the city forward.”

Asked about his recent conflicts with the city council and whether or not there will be a smoother relationship now that the budget is done and the police audit is underway, Perry said he thinks “we are getting there.”

“We’ve done some good things; we have some more things coming.”

Perry admitted that having an adversarial city council with all the conflict over the last year has made him a better mayor.

“I think that’s true,” Perry said.

“Our relationship is like any relationship. It’s the dynamics of



Methuen Mayor Neil Perry with West End Councilor Allie Saffie after their 2019 win.

grouping. They make me re-think things and that’s not always bad. Do I always like the way they speak to me? No, I don’t. But, I think there are things that I have done wrong, and things that they have done wrong, but we are getting things done.”

Asked about the attacks against him personally by city councilors and the one time he lost his temper; “I have apologized for that and I own it because I think people expect more. I think people are tired of the sit-com. They want us to manage the city professionally.”

Perry says he thinks communication with other city officials is what’s most important to getting things done.

“Whether people like me or they don’t like me, I think people can say I communicate a lot more than previous administrations. And that’s not to cast any aspersions on anybody.”

Every member of the city council, school committee and the mayor are up for reelection next November. Neil Perry is serving in his first term. Mayors are restricted to three consecutive terms. ◇

## Your Health with Rick Bellanti

Rick Bellanti

HEALTH & WELLNESS COLUMNIST

Welcome to October, now seven months into this unprecedented pandemic. So many of us were (or still are) unemployed, some of us now find ourselves acting as teachers for our home schooled children. Either way, we are all finding ourselves under some kind of new stress in our lives. Family members or friends getting sick with the Covid-19 virus, death in some cases, others have no symptoms and are just testing positive as a carrier and are home quarantining to keep others safe. All of this is not something we are all used to and this is causing stress in our lives, even if we don’t see it or feel it.

Sometimes people put their health on the back burner when in situations like this especially when we are in survival mode. Being on a diet or weight loss program seems stressful at times for some people, but being on a healthy journey might be just what you need to help with the anxiety and stress of everyday life right now. From worrying about home school and college exams to stressful jobs with deadlines, an important Presidential election less than thirty days away, stress will show up in one form or another and that could very well be a hindrance on a healthy lifestyle. Sometimes people may make bad choices and turn to alcohol, smoking or unhealthy food choices and may also find themselves depressed.

A harmful cycle of bad food choices, like grabbing drinks with unhealthy amounts of sugar and caffeine to get us through the day, leads to bad habits and those bad habits will eventually lead to a bad cycle that will run out of control and with some not so good consequences, like gaining weight, being tired all the time and stressing us out even more.

The coffee you crave to keep yourself going is harming you more than doing you good. Too much caffeine in your diet leads to poor concentration, drops in your productivity level and you may also experience sleeplessness and your levels of cortisol will rise. When a person has a lot of stress and anxiety they will have an increase of the stress hormone cortisol,

# Stressful Times Lead To Healthy Measures

which will make you crave the not so good food choices like foods high in fat, sugar and salt. It does become a cycle that we must learn to break from to live a healthy lifestyle.

Crash diets and skipping meals are not going to help you and in fact will do more harm than good. If you don’t consume the right amount of nutrients you may experience blood sugar fluctuations which in many cases will lead to fatigue, poor concentration and mood swings, and bring on more unnecessary stress on your body. Water is especially important since dehydration is a major influence with stress issues. Drinking up to half your body weight in ounces will keep you

hydrated as well as flush out your system and keep you full in between meals.

Exercising regularly is very effective in reducing stress, improving alertness and better concentration. Exercise may improve overall mental health by helping your brain cope with stress. So it’s much better to do a thirty minute workout before studying for that test or a work deadline than it is by

grabbing a double mocha latte with extra sugar and loads of depressing caffeine.

Taking thirty-minute walks or jog, take the dog out for a walk, biking or maybe even a dance class. You don’t need to join a gym. Get outside in the fresh air and find a partner to do it with. The distraction is good and being committed to meeting with friends will keep you on track longer. As a musician I’ll also tell you music can do wonders for your stress. Stock up your portable music player with your favorite music and create a song list and let the music stimulate those endorphins in your brain. The stimulation can result in better blood flow and lower blood pressure. So put on those headphones and Rock On! Stay healthy and pray this will all be over soon.

Rick Bellanti is a wellness columnist and is on a journey himself to lose 240lbs, and has lost 160 lbs. since the start of 2015. If you have any questions or comments, please post them to his Getting Healthy with Rick Bellanti Facebook page and once a month he will address a few of the topics here. ◇





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# Clear Path for Veterans New England; Helping Our Community With *Pawsitive* Programming

Clear Path New England's (CPNE) Canine Programming consists of service dog training, obedience training, community fosters, and puppy development.

At CPNE we continue to provide Service dogs to Veterans and service members that have been diagnosed with PTSD, TBI, and/or MST.

These highly trained and certified dogs make a tremendous difference in a veteran's life. With the help of these service dogs, veterans can start

the healing process by giving them a connection and bond that can't be compared to anything else.

Through companionship, training, and trust, dogs have proven to be instrumental in the healing process of these veterans giving them the tools they need to better deal with stress levels and emotions and ultimately help the veterans be the person they used to be.

Our dogs are trained to do specific tasks that are dependent on that veteran

entering our program. PTSD is a very comprehensive diagnosis where not every symptom is exactly the same for every veteran.

We train our dogs on grounding tasks related to veteran specific triggers they may see themselves encountering on a daily basis.

We are constantly thinking outside of the box trying to find ways to mitigate symptoms related to PTSD/MST/TBI.

Words become hard to find when you

see a veteran and their dog just ‘Click’, you can start to feel the bond and mutual respect build. We are training more than a dog, we are making a “team”.


The veteran really starts to understand this and respects the intelligence of these dogs.

They truly learn how to communicate on a whole different level.

It's really a special thing to watch and be part of!" ♦

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NOTEBOOK  
FROM 6

ber 17, 2020 through Friday, October 30, 2020. All Methuen voters are reminded that there will be no Early Voting in Sanborn Hall, Public Safety Building, 90 Hampshire St. for the upcoming 2020 election.

Early Voting Location: The Loop, 90 Pleasant Valley Street (Next door to Marshalls and Olympia Sports)

Early Voting:

- Sat., Oct. 17th, 11- 4PM
- Sunday, Oct. 18th, 11AM - 4:00PM
- Monday, Oct. 19th, 8AM - 4:30PM
- Tuesday, Oct. 20th, 8AM - 4:30PM
- Wednesday, Oct. 21st, 8AM - 7:00PM
- Thursday, Oct. 22nd, 8AM - 4:30PM
- Friday, Oct. 23rd, 8AM - 4:30PM
- Saturday, Oct. 24th, 11AM - 4:00PM
- Sunday, Oct. 25th, 11AM - 4:00PM
- Monday, Oct. 26th, 8AM - 4:30PM
- Tuesday, Oct. 27th, 8AM - 4:30PM
- Wednesday, Oct. 28th, 8AM - 7PM
- Thursday, Oc. 29th, 8AM - 4:30PM
- Friday, October 30th, 8AM - 4:30PM

JULIA TARDUGNO OF METHUEN AWARDED SCHOLARSHIP

Assumption University has announced that Julia Tardugno, of Methuen, has been awarded a prestigious Light the Way Scholarship, awarded to a select number of first-year students who demonstrate leadership, a commitment to service, and a desire to make a meaningful difference in their communities and the world. Tardugno, Class of 2024, was recognized for her volunteer efforts in her community. Inspired by the loss of her grandmother, Julia joined Relay for Life and began raising money for the American Cancer Society; as tri-chair, she helped




The Lawrence Lodge of Elks donated more than 5,000 worth of food and kitchen supplies to the Daybreak Homeless Shelter on Winter Street in Lawrence last month.

her school reach its goal of \$2 million. She also served as the chairperson for Debbie’s Treasure Chest, an organization that provides aid and support for at-risk families in the Merrimack Valley, collecting coats, warm clothing, sheets, and toys for children.

HOLLOWEEN WINDOW DECORATION CONTEST IN N. ANDOVER

The North Andover Merchant’s Association is excited to launch this inaugural event for the community to show their Halloween spirit. Painting day is Saturday, October 17th from 9-4pm. The event is open to North Andover children in grades 3-8. Thank you to all the North Andover businesses who volunteered your

windows for our upcoming Halloween Window Decorating Contest! To date, they have almost 90 windows secured for painting but now we need painters! Please help us spread the word to the community by sharing this info with your friends.



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## Cedar View Rehab & Healthcare Center Launches Advanced Wound Care Program

METHUEN - Cedar View Rehabilitation and Healthcare Center today announced the introduction of a Wound Care Program led by Virginia S. Barrow, M.D.

Dr. Barrow provides bedside care and is responsible for leading, teaching and collaborating with the Cedar View clinical team regarding wound care. Through her stewardship, Cedar View has earned a wound management certification from Vohra Wound Physicians. In her years prior to joining Cedar View, Barrow practiced as a primary care physician and provided care for people experiencing homelessness and for incarcerated individuals.

“We are excited to welcome Dr. Barrow to our clinical care team and are honored to receive Vohra’s wound management certification,” said Gary DiPietro, Administrator of Cedar View Rehabilitation and Healthcare Center. “With the support of physicians like Dr. Barrow, our team of nurses and clinical assistants are providing the best care possible to our residents and patients,



especially those receiving bedside care.” Dr. Barrow received her Doctor of Medicine degree from Jefferson Medical College in Philadelphia, where she graduated cum laude. She completed her internship and residency at Brown University School of Medicine where she was chief resident. She is active in the community and volunteers her time at her church and to support impoverished children in Honduras. ♦

## The Gloves are OFF

Santiago Reyes Cruz, Jr.  
VALLEY PATRIOT COLUMNIST

After many months of anticipation, the United States public was finally able to see the 1st presidential debate between President Donald Trump & Vice President Joe Biden. The debate itself was an all-out war where both sides spoke over each other as to demonstrate their willingness to go the extra mile.

An “I’ll do whatever it takes” attitude was displayed by both parties. Fiercely expressed their views and responses to the point where Citizens were left puzzled & asked if this was “really happening” during our Presidential Debate. “Did some of the most powerful men in our country just deliver what seemed to be a Saturday Night Live Drama Skit?” - One friend asked me.

The truth is - tensions between the Republican & the Democratic Party have been so high lately - that an all-out street fight was due to come. The level of disrespect has only swollen throughout the development of 2020. Hence many citizens are actually “NOT” surprised.

However, now that the 1st debate “Street

Fight” is over we hope that the gloves will come off. Considering both sides released high levels of tensions, adrenaline and frustration during many of their exchanges. The American public expects a more formal Presidential Debate come round 2.

Keeping in mind the recent celebration coming from the radical left at their discovery that President Donald Trump came out positive with COVID-19- I will sincerely set my expectations low for many Democrats. Will round 2 of the Presidential Debate be as chaotic as round 1? Regardless of the outcome - I hope that WE ALL (R&D) take this as a time of observance as to what “NOT TO DO” when trying to communicate with someone of a different party. The purpose of a debate is to communicate & understand each other with the purpose of helping our citizens. If we’re listening to reply & not to understand - then there is no purpose of dialogue.

A local adults & young adults community group located at 297 South Union St., Lawrence MA is hosting “How to Respond During these Times” educational workshops. If you’re free and want to educate yourself/share your views join us! ♦



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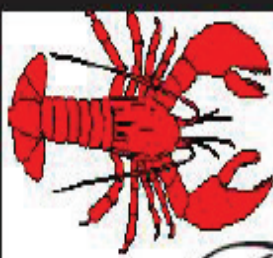
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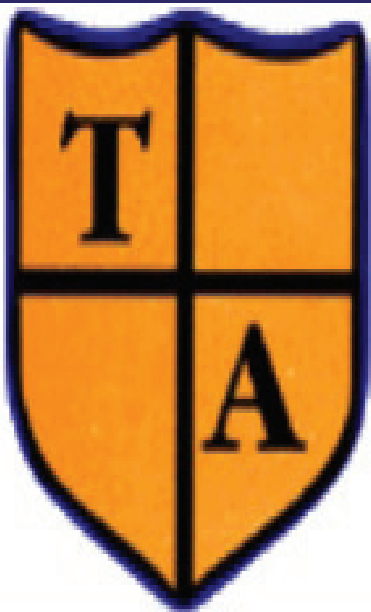
By completing our survey you are helping us achieve our goal of identifying the current needs of local Veterans, Service Members, and their families.

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[https://clearpathnewengland.formstack.com/forms/methuen\\_needs\\_assessment](https://clearpathnewengland.formstack.com/forms/methuen_needs_assessment)

We will also be available to administer this survey in person at the Methuen Senior Center on Wednesdays starting 9/30/20 from 11:30AM - 3:30PM.

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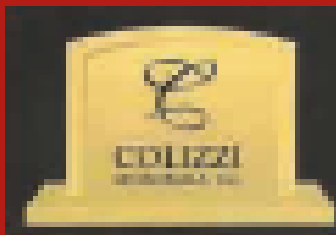
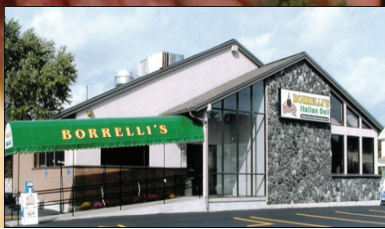
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## Merrimack Valley Hospice Provides 100-Year-Old Patient with Tablet to Ease Isolation

LAWRENCE – While the physical effects of COVID-19 have been widely documented, 100-year-old Rita Ducheneau has struggled with isolation at Marguerite’s House Assisted Living on the Mary Immaculate Health/Care Services campus in Lawrence.

To ease her patient’s loneliness, Merrimack Valley Hospice Case Manager Meredith McNeilly, RN, BSN recently presented a tablet to Ducheneau and taught her how to conduct video chats. In addition to communicating with her caregivers, social worker, chaplain and a music therapist, Ducheneau is thrilled to have more personal contact with her two daughters, Jeanne and Shirley, who have been restricted from visiting from their respective homes in New Hampshire.

“Meredith was a great teacher!” Ducheneau said. “It has been good to learn new things, challenge myself and keep my mind active. Also, using the tablet is definitely better than just talking on the phone. You get to see people’s eyes and their smiles. You don’t know how much I’ve missed that.”

Born in Lawrence on December 5, 1919, Ducheneau was the fourth of nine children of Irenée “Pete” Romeo Nolet and Delia Albine (Lamontagne) Nolette. Ducheneau left high school at age 16 (though she earned her GED in her 40s) to work at Gerber Shoe Factory, where she was so successful that she was sought by area shoe designers.

“I loved sewing,” recalled Ducheneau, whose mother taught her the skill. “I had to be the best in the room.”

In 1938, Ducheneau married Henry Leonel, her husband of 58 years whom she called Leo. In the late 1940s, her mother helped care for her children for two years while Ducheneau was hospitalized with tuberculosis. After she recovered, Ducheneau joined the Women’s Auxiliary Police Department,



where she oversaw air raid drills and was instrumental in forming the crossing guard program in Lawrence.

Ducheneau, who moved to Methuen and ultimately retired from Raytheon, enjoyed swimming, boating, snowmobiling, ballroom dancing, playing cards, quilting and traveling. She remained active by participating in exercise classes and playing bingo and Pokeno after moving in September 2016 to Marguerite’s House, where she is known as a fashionista whose jewelry and shoes – some of which she made – match her carefully styled outfits.

Given her patient’s outgoing nature, McNeilly said she wasn’t surprised that Ducheneau was eager to tackle new technology.

“When I first met Rita in June, she was quite withdrawn,” said McNeilly, who visits Ducheneau weekly. “She’s such a people person. It didn’t take long before the companionship she experienced through the tablet enabled her natural self to shine.”

Ducheneau credits McNeilly’s patience with making it all possible.

“I don’t have the tablet by my side every minute like some people,” Ducheneau said, “but I’ll enjoy it until we can get back to hugs and kisses.”

Elena Finney, RN, BSN, hospice and palliative care clinical manager at

HOSPICE: PAGE 18

## Gen-Z GOP needs Some Extra TLC

Brian Genest  
DRACUT COLUMNIST

Once in a great while, a grassroots political movement emerges and changes our world. Gen Z GOP isn’t one of them. The only thing this group of babies will apparently change is their diapers!

The Massachusetts organizers of this obviously-young, allegedly-Republican group say they want to build the GOP of the future by staying away from unproductive discourse, attracting the newest generation of voters and providing a better alternative to the left. Translation: They are rabid Never-Trumpers.

One of the first things Gen Z GOP did, to bring people together, was announce opposition to President Trump, MassGOP Chairman Jim Lyons and most things Republican. Instead, they want to lecture us about climate change, LGBTQ rights and racial injustice.

Has their vision for the GOP gotten you excited yet?

Meanwhile, most of us have sweaters older than these kids – and with more life experience.

Need a good laugh? Don’t miss the fascinating boston.com feature story describing the fascinating group’s fascinating formation:

“After deep and thoughtful conversations, Mike Brodo and Ryan Doucette found themselves asking, ‘How do we get our message out there? We’re so frustrated with people coming to us and just not understanding why we’re saying what we’re saying against what the president is saying.’

Brodo — whose first engagement within the political realm as a kid was knocking on doors for Marco Rubio’s

2016 campaign in New Hampshire — briefly went inside to get a glass of water when he was hit with an epiphany.

‘I came back and I was like, Ryan, we’re gonna make a podcast,’ Brodo said.”

Riveting, right? Apparently, there was a second epiphany to expand from a podcast to a “full blown organization.”



So how many high school and college students came together to form this GOP movement against Donald Trump? Four, including Brodo and Doucette. In Massachusetts. That’s less than a handful in Charlie Baker’s commonwealth, comrade.

Speaking of Charlie Baker, he must love these kids. Like him, they’re blond-haired, wide-eyed and wicked woke. Like him, they’re afraid of their own Republican shadows. Like him, they whine about President Trump.

If you haven’t heard one of Gen Z GOP’s podcasts, you’re not alone. But you’re in luck.

The American Conservative actually did hear one, but didn’t like it:

“On the podcast, Brodo puts his theory of politics into words, kind of. The three tenets of gen z conservatism: principles, policy, opportunity. We are treated to a rambling explanation of how opportunity is achieved by means of policy that is informed by principle that leads to principled policy for opportunity; the words loop around and swim together in a fog of confusion that seems more the speaker’s than the listener’s.

This is all a grand effort to reintroduce facts and nuance into our political discourse. We need to do away with black-and-white classifications of such

GOP: PAGE 18

## LAWRENCE FIREFIGHTER’S Relief’s In Lounge & Function Facility

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BEER FROM PAGE 2

Downeast Cider on tap. With so many beers on tap, we need to go back to sample more of their beers and more food.

We ordered the pulled pork nachos and there was more than enough for two. Loaded in toppings, you definitely need a ton of napkins and silverware. Good assortment of appetizers, pizza and sandwiches to eat while enjoying a flight (5-4 oz beers).

Beer 5 beards, food 3.5 beards



**Navigation Brewery** ([www.navigationbrewing.com](http://www.navigationbrewing.com), 122 Western Ave, Lowell, MA)

Located in an old mill with art studios all around the brewery, the atmosphere is great! Because they are in Massachusetts, in order to open, they need to have food trucks on site. You can check on their



website and social media for a schedule. On the day we went, Egg Roll Cafe was on-site (more on that later). You needed to order food from the truck to go along with your first round.

Navigation had outdoor covered seating and also some tables indoors with the garage door open so there was lots of fresh air if you did want to sit inside. They had 8 beers on tap, an IPA, Brown Ale, Saison, and a variety of Pale Ales. One of their pale ales, Navigation, is head and shoulders above the rest. A lighter beer with a 5.7% ABV, it goes down real smooth without that hoppy taste you get with an IPA. This would be a great beer for a football tailgate! Their Brown Ale is a little bit of a heavier drink with a bit of sweetness to it and 5.8% ABV. We didn't find a disappointing beer during our trip and the staff bent over backwards to answer questions and help out where needed. We will be back as new beers



make their way onto the menu.

**Egg Roll Cafe** ([www.eggrollcafe.com](http://www.eggrollcafe.com), 110 University Ave, Lowell MA) had their food truck on site. They are a restaurant based in Lowell that serves all different types of egg rolls. The food truck menu is much more abbreviated than the restaurant but the food is just as good! We got the crab rangoon and buffalo chicken egg rolls, which came with dipping sauces. Almost everything is better wrapped in a wonton and fried! They also have cheeseburger and traditional egg rolls on the truck but many more varieties in the restaurant. We also got an order of pulled pork fries which were just as described, a bucket of fries smothered in pulled pork.

Those didn't stand a chance! Fries were cooked to perfection and the pulled pork was not overdone, which often happens when it is used as a topping. You have to check out their full menu, the egg roll platters are great for parties!

Beer 4.5 beards, food 4.5 beards



Thank you to those who reached out asking how I was doing and sending suggestions. For November, I am heading to Muddy Waters and hoping to get to Ellie's Farmhouse, the new breakfast and lunch place in Methuen where Fuddrucker's used to be. ♦

Methuen Man Arrested for Distributing Fentanyl

BOSTON – A Lowell man pleaded guilty today to conspiracy to distribute fentanyl, while a Methuen man was charged as his co-defendant.

Steven Perez, 30, pleaded guilty to conspiracy to distribute and possession with intent to distribute 40 grams or more of fentanyl before U.S. District Court Judge William G. Young, who scheduled sentencing for Dec. 10, 2020. Perez was arrested and charged with co-defendant Anthony Holloway, of Methuen, on Dec. 11, 2019.

Over the course of several months, law enforcement investigated Perez and Holloway's fentanyl distribution operation. Perez and, allegedly, Holloway used an elderly housing complex run by the Methuen Housing Authority to conduct drug sales.

The charge of conspiracy to distribute and to possess with intent to distribute

40 grams or more of fentanyl carries a mandatory minimum sentence of 5 years and up to 40 years in prison, at least four years of supervised release and a fine of up to \$5 million. Sentences are imposed by a federal district court judge based upon the U.S. Sentencing Guidelines and other statutory factors.

United States Attorney Andrew Lelling; Joseph R. Bonavolonta, Special Agent in Charge of the Federal Bureau of Investigation's Boston Field Office; and Methuen Police Chief Joseph Solomon made the announcement. Assistant U.S. Attorney Philip C. Cheng of Lelling's Narcotics and Money Laundering Unit is prosecuting the case. The details contained in the charging documents are allegations. The remaining defendant is presumed innocent unless and until proven guilty beyond a reasonable doubt in a court of law. ♦



Greenbelt's Bailey Reservation in Haverhill is Open

Greenbelt, Essex County's Land Trust, is excited to welcome visitors to the 21-acre Bailey Reservation in Haverhill! Open to the public free of charge, this beautiful property offers an easy, quarter-mile trail loop through woodlands and along the shore of Chadwick Pond. It's an ideal spot for families of all ages to explore, with plenty of wildlife to observe!

Donated in 2017, this property was the second gift from Janis Bailey and her late husband Perley of Haverhill, whose desire it was to see all of the family's land protected.

Now through October 22<sup>nd</sup> kids and

parents can enjoy a StoryWalk™ along the trail, featuring Kate Messner's children's book "Over and Under the Pond!"

This adventure is made possible in partnership with Haverhill Public Library's Head of Youth Services, Chance Joyner. Follow a read-aloud [video](#) with Chance as you venture along the trail marked with storybook pages. <https://vimeo.com/461567340> Before you go, stop by the Haverhill Public Library to borrow Greenbelt's Exploration Kit, including magnifying specimen jars, magnifying glass, underwater viewers and insect ID book. ♦

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# Food for Local Veterans

Don Jarvis  
VEERANT COLUMNIST

The VFW Lorraine Post 29 in Haverhill continues to find ways to serve our veterans and to reach out to them and offer support. On Saturday, November 7<sup>th</sup>, the Haverhill VFW will be hosting a BBQ chicken dinner, free of charge for our veterans, and will be delivered right to their front door. Traditionally in the past, veterans would be able to take their family out to eat on Veterans Day and enjoy their favorite meal free of charge at a local restaurant. With the ongoing COVID-19 pandemic, this may not be possible for many. VFW Lorraine Post 29 wants all veterans in the City of Haverhill to feel appreciated and still have a nice meal to enjoy with their family.

With the support and help from local organizations, businesses, and members of the community, the VFW post is hoping to cook and deliver hundreds of BBQ chicken dinners. Each meal will consist of BBQ Chicken, mashed potatoes, stuffing, gravy, corn, and a dinner roll. Meals will be cooked and prepared at the VFW Post 29/AMVets 147 facility located on Primrose Street in Haverhill.

How can you help? The biggest way you can help the VFW Lorraine Post 29 is by spreading the word of this meal delivery to as many veterans as you know who live in Haverhill. We want to make sure we reach every veteran in the community and encourage them to register. Veterans will be able to request a meal for themselves and their family members/household guest who reside with them. All meals are free, and we are just asking that the veteran registers for a delivery. They can register the best way by phone 978 – 373 – 1900 and leaving a

voice message with their full name, best address, number of meals they would like, and the best phone number. A member of the VFW will return your phone call within 24-48 hours.

Another way to help is by supporting this event either through donations (monetary or food) or by being a volunteer to help deliver this event. To discuss this more or to register as a volunteer, please reach and connect with VFW Lorraine Post 29 commander, Keith Gospill at [cmd@vfwpost29.org](mailto:cmd@vfwpost29.org)

Concerning COVID-19, all guidelines and protocols will be followed. We will put plans into place to ensure this event and meal delivery will be executed as safely as possible. All volunteers will be required to wear a mask. Anyone working in the kitchen or loading the meal in bags and vehicles will be required to wear gloves at all times. Meals will be delivered using contactless delivery, meaning veterans will be notified of their delivery by either a knock on their door, the ringing of their doorbell, or a phone call/text if knocking or ringing isn't an option. We ask the veteran; please wait a few minutes before answering to minimize possible contact with the driver. Drivers will be required to wear a mask, and will be offered gloves to wear if they are interested. These protocols are put in place to ensure safety and wellbeing for all our veterans and volunteers.

“To the brave men and women who have worn the cloth of our Nation, we are truly grateful for your service. Your dedication and devotion have certainly not gone unnoticed. We hope you accept and enjoy this meal as our way for the community and us to thank you for all you have done.” VFW Junior Vice-Commander Jarvis says. ◇

# HERO: FROM PAGE 1

Arena to initially misidentify Kopechne as Keough to the onsite media.

Captain Farrar, who recovered Mary Jo Kopechne’s body from the submerged car, believed that she died from suffocation, rather than from drowning or from the impact of the overturned vehicle, based upon the posture in which he found her body, in the back seat of the car, where an air pocket would have formed. Inspector Bob Molla, of the Massachusetts Registry of Motor Vehicles, who investigated the crash at the time, said that parts of the roof and the trunk appeared to be dry. The “on scene” Fire Department Scuba Diver John Farrar has publicly asserted that Kopechne would have probably survived, if Senator Ted Kennedy had called the police when the accident happened. Both Bob and I believe (but of course, cannot prove) that there was no way Senator Kennedy was in that car when it went into the water. Both of us had rescue training, Bob with the State Police, me as an EMT, on extracting someone from a submerged car. We both were trained to remove a window, because the water pressure would hold the doors shut. How did Senator Kennedy get out of a submerged car?

After retiring from the Massachusetts State Police, he worked as a private investigator in Maine, doing mostly Workman’s Comp Fraud cases. Bob was married to his wife Mary for over thirty years. They have a daughter Betsy, and two sons, Robert Jr, who died earlier this year, and Dan. The couple also has two grandchildren, Ben and Charlotte. My second interview was conducted after this American hero had just finished hitting golf balls for the day!

The Dracut American Legion asks all World War II, Korean War, and Vietnam War Veterans, to call (603) 518-5368 and sign up for an Honor Flight to the Memorials in Washington DC! Veterans of all eras are asked to go to the American Legion’s Web site [www.legion.org](http://www.legion.org), and join the American Legion, preserving our Veteran’s Benefits for future generations.



John Cuddy served in the US Navy’s Construction Battalions (also known as the Seabees) after retiring from the Navy; he earned a bachelor’s in history and a master’s

in economics from the University of Massachusetts on the Lowell Campus. He has been employed in Logistics at FedEx for the last 23 years. If you know a World War II veteran who would like their story told, please email him at [John.Cuddy@Yahoo.com](mailto:John.Cuddy@Yahoo.com). ◇

# HOSPICE: FROM PAGE 16

Merrimack Valley Hospice, said video visits have given the home health and hospice industry an additional way to provide face-to-face support to patients, caregivers and families.

“There is so much we can do with virtual support to enhance the physical, spiritual and psychosocial well-being of our patients and their loved ones,” Finney

said. “With education and the quick touch of a button, the entire hospice team has the ability to ‘visit.’ The nurse is able to assess a new concern, or the music therapist can engage with the patient in singing a song. I am excited to see how this tool continues to grow, as well as its ongoing use in our everyday practice.” ◇



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# ‘For All Mankind’

Bill Cushing  
VALLEY PATRIOT TV COLUMNIST

What would the United States space program have been like if Russia landed on the moon before us? What would have been different? How would it have changed the history of space travel for our country? This is the premise of AppleTV+’s ambitious original series ‘For All Mankind,’ which also poses the questions of what’s to be gained and lost by venturing into space.

Created by Ben Nedivi, Matt Wolpert, and “Battlestar Galactica” executive producer Ronald D. Moore, the series opens with NASA and the world staring on in disbelief as a Soviet mission beats the United States to the moon.

Initially, the focus of the show is on Edward Baldwin (Joel Kinnaman), a fictional astronaut whose career is forever impacted by the Russians’ progress. Ed was moments from landing on the moon before, circling so close he could see the surface, but his superiors pulled him away, not ready yet to make such a big step. He has always regretted not making that move and in a vulnerable moment while he had been drinking, he tells a reporter his opinions of NASA and their cowardice for not making that decision. He is demoted as a result.

However, it is the second what-if twist that packs the bigger punch. While the US scrambles to get its act together, the Soviets land on the moon for a second time. On 1960s TV sets we see a cosmonaut standing on the lunar surface. Then the cosmonaut gets closer to the camera and lifts the visor on the helmet, and we see that it is a woman.

The US responds by speeding up its program and trying to get an American woman to the moon as soon as possible and Ed is given a reprieve. He is tasked with training the female candidates. The female astronaut trainees are all well written and acted, most noticeable is Molly Cobb (played by Sonya Walger). Cobb was part of the Mercury 13 program and has proved she has what it takes. She’s already been disappointed

once, so she is deeply cynical about the new training program. She also has no tolerance in being patronized by the male astronauts.

There are some beautifully played moments as Ed and the men learn how to get along with Cobb, while she in turn learns what it means to be a team player and a role model.

Also among the female candidates is Tracey Stevens (Sarah Jones), who is overwhelmed not just by the infidelities of her husband Gordo (Michael Dorman), himself a celebrated astronaut and best friend of Ed, but with the possibility of her own glory on the horizon.

Without giving too much away from the rest of the series 10 episodes, the show has a lot going for it. Some great characters and great work by the actors. Kinnaman delivers a terrific performance as Ed Baldwin, as does Shantel VanSanten as Ed’s wife Karen. VanSanten, does a great job as Karen, dealing with the pressures of being an astronaut’s wife while struggling to raise their son. All of the actresses playing the candidates are excellent, most notably Sonya Walger as Molly. Wrenn Schmidt excels as pioneering Margo Madison, a mission control engineer striving to make a name for herself in a position that had previously always been filled by a man.

‘For All Mankind’ is an undeniably compelling watch, with great looking sets and moonscapes, gripping scenes and uplifting moments. The show has been renewed for a second season and will appear sometime in late 2020 or early 2021.

The first season of ‘For All Mankind’ consists of 10 episodes and is available to stream on AppleTV+.



If you have any questions about TV you can email me at [BillsTVTalk@gmail.com](mailto:BillsTVTalk@gmail.com). I will answer all of your questions and will feature some of the questions I receive in a future Mailbag column. Follow me on Twitter and Instagram @BillsTVTalk and on Facebook at BillsTVTalk for daily up-to-the-minute TV news and discussion. ♦



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“I thank my God  
I speak with tongues more than you all;”  
1 Corinthians 14:18. NKJV

**Peter Larocque**  
VALLEY PATRIOT COLUMNIST

What a bold unapologetic statement made by the Apostle Paul to the Corinthian Church. This would be like today if the late Reverend Billy Graham would have made this claim to the Christian Church worldwide. The sad thing about this is that the devil has used speaking in tongues as a tool to divide Christians. Many well-meaning, respected leaders in the church today make the claim that speaking in tongues has ceased or became unnecessary after the First Century Church ended. But this claim has no Biblical basis!

The Bible teaches that speaking in tongues will cease when that which is perfect has come. Clearly, just by looking at our world today, that which is perfect has not come, and that which is perfect undoubtedly refers to our Lord Jesus Christ! We read this in 1 Corinthians 13:8-10, “Love never fails. But whether there are prophecies, they will fail; whether there are tongues, they will cease; whether there is knowledge, it will vanish away. 9 For we know in part and we prophesy in part. 10 But when that which is perfect has come, then that which is in part will be done away.” NKJV. Verse 10 says, when that which is perfect has come, only then tongues will cease and at the same time, knowledge will vanish away. Has knowledge gone away? No! So, if knowledge has not vanished away, then neither has speaking in tongues ceased. Erroneous teachings about this wonderful gift from God have divided Christians and kept many from knowing and believing the truth about speaking in tongues.

Jesus himself said on the day of the Ascension which we read in Mark 16:17, “And these signs will follow those who believe: In My name they will cast out demons; they will speak with new tongues;” NKJV. So, those who teach that speaking in tongues is no longer available or is unnecessary for today contradict Jesus Christ! Not a good claim!

As far as I am concerned, I am of the same belief as the Apostle Paul. He said in 1 Corinthians 14:5, “I wish you all spoke with tongues...” NKJV. His desire was for every Christian to speak in tongues! I do, in my private prayer life, I speak in tongues. Now, please hear me clear, I am not saying that I am a better Christian because I speak in tongues than those who do not speak in tongues. Not at all! But I do believe that speaking in tongues makes me a better me!

Unfortunately, over the years it has been my experience that Christians who do not speak in tongues have an arrogance and a stubborn attitude about themselves that puts them above the need to speak in tongues. But I refuse to play the devil’s game because the Bible plainly says in 1 Corinthians 12:25, “that there should be no schism in the body, but that the members should have the same care for one another.” NKJV. This reminds me of that famous quote by that famous author, “Unknown”. “What we don’t understand, we fear. What we fear, we judge as evil. What we judge as evil, we attempt to control. And what we cannot control, we attack!”

When the Bible uses the words “Praying in the Spirit,” what do they refer

to? I have heard taught that praying in the spirit is a prayer that you say in English or your native tongue that is inspired or led by the Holy Spirit. Sounds good but not totally accurate! We must allow the Bible to interpret itself! In 1 Corinthians 14:14-15, we read, “For if I pray in a [unknown]tongue, my spirit prays, but my understanding is unfruitful.” NKJV. This verse teaches that when I pray in tongues [unknown language to me] my spirit prays. And in the verse 15, we read, 15 “What is the conclusion then? I will pray with the spirit, and I will also pray with the understanding. I will sing with the spirit, and I will also sing with the understanding. NKJV. Therefore, when you read in the Bible the words, “Praying in the spirit” or “Praying or Singing with the spirit” they always refer to speaking in tongues. Prayer or singing with the understanding is always in English or your native tongue. The Bible always interprets the Bible!

1 Corinthians 14:4, tells us, “He who speaks in a tongue edifies himself, but he who prophesies edifies the church.” NKJV. This verse gives us one of the many benefits of speaking in tongues. The person speaking in tongues edifies himself, his total self, meaning all of you! All of you which is three parts, spirit, soul, and body! We read in 1 Thessalonians 5:23, “Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ.” NKJV. We are a three-part being! God said in Isaiah 43:7, “Everyone who is called by My name, Whom I have created for My glory; I have formed him, yes, I have made him.” NKJV. Our spirit was created, our souls were made and our bodies were formed, In the book of Genesis chapters 1and 2, you can read all the details concerning this.

So, what does the word edify mean? The Greek word is Oikodomeo, NT:3618 meaning, to be a house-builder, i.e. to construct, to restore by building, to rebuild, repair. So, when you speak in tongues you are building your spirit up, you are building your soul up which covers your mind, thoughts, emotions, and feelings and you are building and repairing your physical body. All of you get edified, spirit, soul, and body! We read this in Jude 20, “But you, beloved, building yourselves up on your most holy faith, praying in the Holy Spirit,” NKJV. Here again, we see the words praying in the Holy Spirit which refers to speaking in tongues. As you speak in tongues, you are building yourself up in your spirit and soul and body! The all in all of you gets edified! Isn’t our God great! He really wants us whole in our spirit, souls, and bodies! I will continue in my next column with more benefits of speaking in tongues.

I would like to conclude this month’s column with this scripture from 1 Peter 4:11, “If anyone speaks, let him speak as the oracles of God. If anyone ministers, let him do it as with the ability which God supplies, that in all things God may be glorified through Jesus Christ, to whom belong the glory and the dominion forever and ever. Amen.” NKJV.

God Bless,  
Peter Larocque  
peterlarocque@hotmail.com ♦



BENEATH THE SURFACE

# The Dogma Lives Loudly Within You

**Paul Murano**  
VALLEY PATRIOT COLUMNIST

“The dogma lives loudly within you” are the words ominously uttered by Sen. Diane Feinstein to Amy Coney Barrett during her first confirmation hearing for a federal judgeship. Although the phrase signifies a major concern for secular progressives, it has become a badge of honor for Christians.

But what does it mean? Does the dogma live loudly within you? I propose it does, even if you’re a self-proclaimed agnostic or atheist.

Dogmas are generally principles purported to be true that must be believed by individuals within a particular group. Every religion, philosophy and ideology has them. They define a belief system and shape the identity of those believing them.

Leftist progressivism has dogma just as much as Christianity does. In fact, boiled down, these are the two competing sets of dogma that are fighting for the soul of Western civilization.

One might claim we should have outgrown dogmas a long time ago. In our so-called enlightened era, they say, we should accept only the ever-changing claims of science. Let’s go beneath the surface to look at why this is impossible.

Like other animals, we have five senses to experience the world. Unlike other animals we have the gift of reason to make sense of the world. Yet, most of the certitude we possess comes neither from our senses nor from reason, but from faith – whether or not you are religious.

Homo sapiens is a believing species. From childhood, we believe our parents, teachers, doctors, traditions, the media, “experts,” the Church, etc. Our beliefs are eventually discerned through reason as we near adulthood. Many we accept, some we reject, and some are confirmed by experience.

The three avenues to certitude we have are faith, reason, and the senses. These correspond to the will, the intellect, and the body respectively. Of the three, faith or belief is what undergirds it all.

The point is that despite Leftist rhetoric, everyone has dogmas, and no one believes only in what they have seen or have been able reason. To demonstrate this I used a simple test on my college students. I asked: “How many of you have been to Australia?” Usually no hands went up. Then I asked how many of them could figure out Australia exists through reasoning alone. Silence.

Then I asked them, “How many of you believe Australia exists?” All hands went up. They immediately realized much of what they know comes not from

experience or logic, but through faith – faith in maps others have drawn, in teachers, the media, the word of friends who have been there, etc.

Another thing to consider is that the knowledge that comes to us through our senses and reason must be believed. This, too, is an act of faith.

Rene Descartes, the father of modern philosophy, once concluded there is no good reason to trust our senses, and doubted everything, even his own existence. Sounds extreme, but he had a point: If you have no faith in an intelligent and good Creator, why would you trust our natural faculties?

Eventually his faith in God enabled him to climb out of the deep chasm of darkness. Unfortunately, however, many agnostic progressives are still there today, contradicting their own philosophy every time they trust their senses.

When it comes to religious belief, particularly Christian faith, it begins with the premise that Reality transcends what our limited human faculties can attain. Hence, Christians trust not only the senses and reason, but ultimately the word that has been revealed by God. This faith knows God is Logos (Jn 1:1, 14:6), and nothing He reveals can possibly contradict reason or be untrue.

Progressive dogma, on the other hand, is a set of purported truths created by man to fit into a man-made narrative based on desire, emotion, and will. In it, we are our own gods that create our own reality, and there are no disordered desires, no perversions of the natural order, and no sin.

Therefore, everyone, including Sen. Feinstein, follows dogmas, albeit different ones. It is inhuman not to. When the senator told Amy Coney Barrett, “The dogma lives loudly within you,” she was really saying “I’m concerned your dogmas aren’t the same as mine.”

And this is the dilemma. Both sets of dogma cannot co-exist. Despite the Left being hellbent on rationalizing perversion for the glory of Self, the dogmas accepted by Amy Coney Barrett are ones framers of the Constitution and all civilized people have shared. They correspond to objective truth and justice. They are what President Trump has spent four years defending.

Whatever President Trump’s personal beliefs are, he has governed as a president who respects the dogmas that built civilization. These include respect for life, true liberty, the natural family, and the right to follow one’s conscience. Many of these stem from Christian faith, and are formulated in the Catechism of the

NUN: PAGE 23

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An advertisement for Allstate Insurance. The top section has a blue background with white text. On the left, it says "Pay Less For Home & Auto Insurance Premiums". In the center is the Allstate logo, which consists of two hands shaking inside a circle. To the right of the logo, the word "Allstate" is written in large blue letters, with the tagline "You're in good hands." underneath it. Below this, there's a white banner with the text "WE INSURE UBER AND LYFT DRIVERS!". The main body of the ad is divided into three sections. The left section has a blue background with white text inside a large blue parenthesis shape, reading "Mortgage and Family Protection with Affordable Life Insurance". The middle section also has a blue background with white text inside a large blue parenthesis shape, reading "Our Renter's Insurance is Half the Cost Apartments Offer". The right section features a portrait of James Sarcione, a man with short grey hair wearing a striped shirt, against a light blue background. Above his portrait, the text "Auto • Home Life • Renters" is displayed in white. At the bottom, a dark blue banner contains the contact information for James Sarcione Agency in white text.

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“Like so many of my friends and neighbors, I am frustrated with Beacon Hill refusing to listen to the people. You shouldn’t need a lobbyist to have a voice at the State House. That’s why I am running for State Representative. It’s time for common sense and responsiveness,” said Dufour.

Jeff will oppose gas tax hikes, new carbon taxes, and statewide tolling.

Jeff knows that in order to get people off unemployment and back to work that small businesses need support at the State House. Jeff will stand up for small business that is all too often neglected by the insiders. Jeff will require transparency at the State House, so you know how your tax dollars are being spent. Jeff will oppose licenses for illegal immigrants.

Jeff will support law enforcement and oppose making Massachusetts a sanctuary state. Jeff grew up in a paper mill town in Maine where his mother was

a school teacher and his father worked as a ground’s superintendent at a local university. He was raised to work hard, respect others and appreciate the value of community. Jeff is the third generation of his family to give back through public service. Jeff earned his Bachelor’s Degree from the University of Maine. Over the years he has received education certificates for project management and financial planning from Merrimack College. He is a Certified Financial Planner. Presently, he is an Information Systems Project Manager with over 25 years in corporate management experience and financial services.

Jeff and his wife Marie, a Dorchester native, have lived in Tewksbury for the past 24 years. He has been an active volunteer including: Volunteer Search and Rescue, Youth Swim Coach, and the Red Sox Foundation. Jeff has run the Boston Marathon 5 consecutive times for a Massachusetts charity.

Jeff can be contacted through his website [jeff4rep.com](http://jeff4rep.com), or on FB @ <https://www.facebook.com/jeff4rep>

## DOGMA: FROM PAGE 20

Catholic Church.

What dogma lives loudly within you? And which dogma do you want as the soul of our nation? The choice is clear: the dogma that has led to the breakdown of the family, the killing of every third child in the womb, and rioting and violence in the streets; or the dogma that commands honesty and integrity, self-sacrifice, and a deep respect for truth and human life? Our nation and civilization itself are at stake.

November’s election gives us a clear choice. A person of good will and well-formed conscience could never vote for Joe Biden, despite how much they may

dislike the President personally. As several priests and bishops have recently warned, our eternal soul could be endangered if we vote for Biden and his Party of Death.

Paul is talk host of Beneath the Surface podcasts, is a writer/producer for St. Michael’s Media, and is a singer-songwriter-musician. Email Paul at [PJDM@aol.com](mailto:PJDM@aol.com), and check out his website at [www.Paulmurano.com](http://www.Paulmurano.com).



## GOP: FROM PAGE 16

nebulous things as politics and morals. We ought to dive into the gray area, and stay there.

They’re fond of calling their efforts nuance signaling. ‘Nuance is interesting,’ Brodo opines, ‘because nuance itself is quite nuanced.’ Hm.”

A friend suggested the boys should forget politics and start a basement band instead (playing Wii “instruments” only, of course). We brainstormed potential band names: Brodo the Dodo & the Lily

Whites, Brotherhood of the Butthurt, Spoiled Suburban Snowflakes. We settled on something simple, short and sweet: Charlie’s Angels.

Like Charlie Baker and his teddy bear, these guys probably sleep with their blankies, their binkies and their masks on.

Brian Genest is a member of the Massachusetts Republican State Committee representing the Second Essex and Middlesex district of Andover, Dracut, Lawrence and Tewksbury. ♦



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